

# CLASS SCHEDULE



[WWW.TIERONETRAINING.COM](http://WWW.TIERONETRAINING.COM)

(847) 905-0448

Effective January 8, 2018

|               | Monday                        | Tuesday                       | Wednesday                     | Thursday                      | Friday                        | Saturday                                  | Sunday                                    |
|---------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|---|---|
| 9:30 - 10:30  | Free to Move                  |                               | Circular Strength Training    |                               | Reserved for Private Training | Tactical Fitness                          |   |
| 10:30 - 11:30 | Boxing                        | Krav Maga All Levels          | Boxing                        | Krav Maga L1                  |                               | Boxing                                    | Krav Maga All Levels                      |
| 11:30 - 12:30 | Reserved for Private Training | Reserved for Private Training | Reserved for Private Training | Reserved for Private Training |                               | Krav Maga L1                              | Reserved for Private Training & Workshops |
| 12:30-1:30    |                               |                               |                               |                               |                               | Krav Maga L2/L3                           |   |
| 1:30-5:45     |                               |                               |                               |                               |                               |   |   |
| 5:45-6:45     | Free to Move                  | Circular Strength Training    | Krav Maga L2                  | Krav Maga L1                  |                               | Reserved for Private Training & Workshops |   |
| 6:45-7:45     | Boxing                        | Krav Maga L1                  | Boxing                        | Tactical Fitness              |                               |   |   |
| 7:45-8:45     | Krav Maga L1                  | Krav Maga L2/L3               | Krav Maga L1                  | Krav Maga L3/L4               |                               |   |   |

**Miss a week? Need more personalized training? Private lessons are a great way to cover what you missed and to sharpen your technique! Private training is available for all classes. See the front desk for details.**